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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
AUGUST 5, 1936 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

HOME "FREEZES"

Besides the millions of pounds of ice cream we buy in summer, we make, all told, unguessable quantities at home, especially in these days of freezing-made-easy. It used to take at the simplest only a pan of cracked ice and salt, and a bowl of whipped cream, sweetened and flavored, to make the kind of ice cream to which we apply the French word mousse. With a mechanical refrigerator and its convenient freezing unit, making mousse is simpler still. With a home-size freezer and a good arm to turn the crank, we may add ice creams and ices galore to the list of home freezes, especially while the home-grown fruits are here.

In flavor, mousse may be as varied as any other ice cream. But mousse is a "still freeze". Other ice creams, and the sherbets and ices, must be stirred as they freeze, and for this we need a freezer with a dasher.

In other words, says the Bureau of Home Economics of the U. S. Department of Agriculture, the texture of a frozen dessert--its softness and smoothness to the tongue--depends largely on the size of the crystals that form as it freezes, and there are different ways of controlling the crystals. To be soft enough to eat at all, the mixture must be frozen in small crystals, and not in a solid block of ice such as forms when water stands at freezing temperature. What freezes in ice cream, however, is the water that is in the cream and perhaps in the flavoring. To make the ice crystals small, the water particles must somehow be interfered with and kept

apart as they freeze. In any ice cream this interference is provided partly by the fat particles which mingle with the water particles in the cream itself. Additional interference is provided in mousse by whipping air into the cream before freezing it; in other ice cream by stirring constantly as the freezing goes on.

Mousse, then, which is French for froth, or foam, is really frozen foam. The cream is heavy enough to hold the air whipped into it, and the air bubbles, together with fat particles, interfere with the combination of water particles, into large crystals, and of small ice crystals into larger ones. To make the simplest mousse, whip the cream, sweeten and flavor it, pour it into the drawer of the freezing unit of a mechanical refrigerator, and leave it. Or set the mixture, in a bowl, in a pan with cracked ice and salt surrounding and covering the bowl. In three or four hours it is ready to serve.

With fruit flavorings, use equal parts of cream and crushed fruit, sweetened to taste.

For a mousse not so rich in fat, use some thin cream or rich milk in addition to the whipping cream, and use egg whites and a little gelatin also as "stabilizers" --i.e., instead of just the fat, as in the richer mixture, to keep the water particles from freezing into coarse crystals. Such a mousse calls for 1 cup of double cream, 1 cup of rich milk, or thin cream, 1 teaspoon gelatin, 6 tablespoons of sugar, 2 egg whites, a bit of salt, 1/2 teaspoon vanilla. Soak the gelatin until soft in a little of the milk or thin cream. Heat the remainder and pour over the gelatin. Add the sugar and stir until dissolved, and put the mixture aside to chill. Whip the double cream. When the mixture containing the gelatin has partially set, beat it to incorporate air. Add the vanilla and fold in the whipped cream and the well-beaten egg whites. The egg whites reduce the richness, increase the volume, and improve the texture of the mousse. These proportions will make over 4 cups before freezing; or, if the egg whites are not used, about 3 cups. With fruit flavorings

in this mousse, leave out the gelatin and the thin cream, and use 1 cup of crushed fruit or fruit juice, with sugar as needed.

In other ice creams, made with plain cream, not whipped, and in a freezer, the dasher turning in the freezer scrapes the little crystals off the side and, by keeping them constantly in motion, prevents them from getting larger or combining with other crystals. Plain ice cream is made of cream, sugar, flavoring and a bit of salt. With good rich cream, no other ingredients are needed. But if the cream is thin, or diluted with milk, eggs or gelatin are sometimes used to give body to the mixture.

For plain vanilla ice cream, a good rich mixture is 1-1/2 pints of single cream, 1/2 pint of double cream, 2/3 cup sugar, 1/4 teaspoon salt, 2 teaspoons vanilla. "French" vanilla ice cream is a frozen custard. Use a quart of milk, 3/4 cup sugar, 1/2 teaspoon salt, and 4 eggs to make a soft custard. When this mixture is cool add 1 cup double cream, and 1-1/2 teaspoons of vanilla. The freezing mixture for both these ice creams is 1 part salt to 4 to 6 parts of ice. Turn the freezer slowly, and after freezing remove the dasher, pack the freezer with more ice and salt, and let it stand for an hour or more to ripen.

Ices are made of diluted fruit juice and sugar, and are frozen with constant stirring--in a freezer as for typical ice cream. Any of the juicy fruits are good for this purpose, but here is a recipe for raspberry ice which may be easily adapted to other fruits: Crush the fruit (about 2-1/2 quarts of berries), heat with 1 cup of water for about 2 minutes, and stir and press so the juice runs freely. Strain through several thicknesses of cheesecloth. There should be nearly 5 cups of the fruit juice, to which add 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ cups of sugar, 4 tablespoons of strained lemon juice, $\frac{1}{4}$ teaspoon of salt. Stir until the sugar is dissolved.

Sherbet is the name for an ice made with egg-white and sometimes gelatin in addition to the diluted fruit juice and sugar. Or it is often made with milk and called "milk sherbet". The word comes from the Persian "sharbat", applied to a refreshing fruit drink. Ices and sherbets have coarser crystals than ice cream because they are chiefly water and fruit juice, and must depend entirely upon the dasher in the freezer to keep the crystals small.



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WASHINGTON, D. C.

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THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture

SUMMER SALADS

A dozen or fifteen of the vegetables on the market right now, and as many of the fruits, are to be counted among the best of salad materials--for raw salads, that is. Considering cooked salads as well, the list is almost endless, for in this country a salad may be any food or mixture of foods garnished with a green salad vegetable and served with a tart dressing.

According to one famous chef, salads as we know them today are "truly American". We are entitled, in this country, he says, to "the credit of assembling, blending, and bringing to perfection this health-giving item, the salad." Not only do we make our salads nowadays of every kind of food--vegetables, fruits, nuts, cheese, eggs, meat, poultry, fish and other sea foods--but the combinations are of endless variety, and for many purposes. Sometimes they come as an appetizer at the beginning of a meal--where in Europe and often in America, too, the hors-d'oeuvres appear. More often in this country a light salad comes with or following the meat and vegetable course, to furnish contrast or "finish" to that part of the meal, or to serve as an appetizer for the rest of it. Or the salad may come, especially if it is a fruit salad, in place of a dessert. It is sometimes the main dish of the meal, following a soup or a cocktail and followed by a dessert.

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The salad materials, naturally, are chosen according to the place the salad is to occupy on the menu. They may be light or they may be very substantial--from plain lettuce to a mixture of meat and vegetables amounting to a whole meal in one dish. Typically, they are served cold, with a dressing which carries a "tang." The word salad itself comes from what used to be its principal seasoning--"sal", the Latin for salt, from which the French made "salade", or something salted, and now we have "salad". But the seasonings as well as the salad materials are much more varied in our time.

Lettuce comes at the head of the list of salad greens because it is used both for itself and as a garnish. It is in fact a very ancient salad plant, cultivated in olden times for the tables of the Persian kings and greatly prized also by the Greeks and Romans. The gardens of Italy produced what botanists call "the Cos type" of lettuce, which we now call romaine. But our big crop, except the home garden varieties, is iceberg lettuce. In our time, lettuce growing has become a big industry. Some fourteen of our States planted nearly 15^{1/4},000 acres and shipped nearly 20 million crates of lettuce to market last year, with a return of more than 28 million dollars to the producers.

Cabbage, carrots, celery, endive, parsley, watercress, cucumbers, radishes, onions, peppers, tomatoes, turnips, are all favorites for raw salads. And all are plentiful in the gardens and markets now. For home-grown salad fruits at this time of year, there are apples, peaches, pears, plums, and melons, and the markets offer such favorites as avocados, bananas, grapes, grapefruit, and oranges.

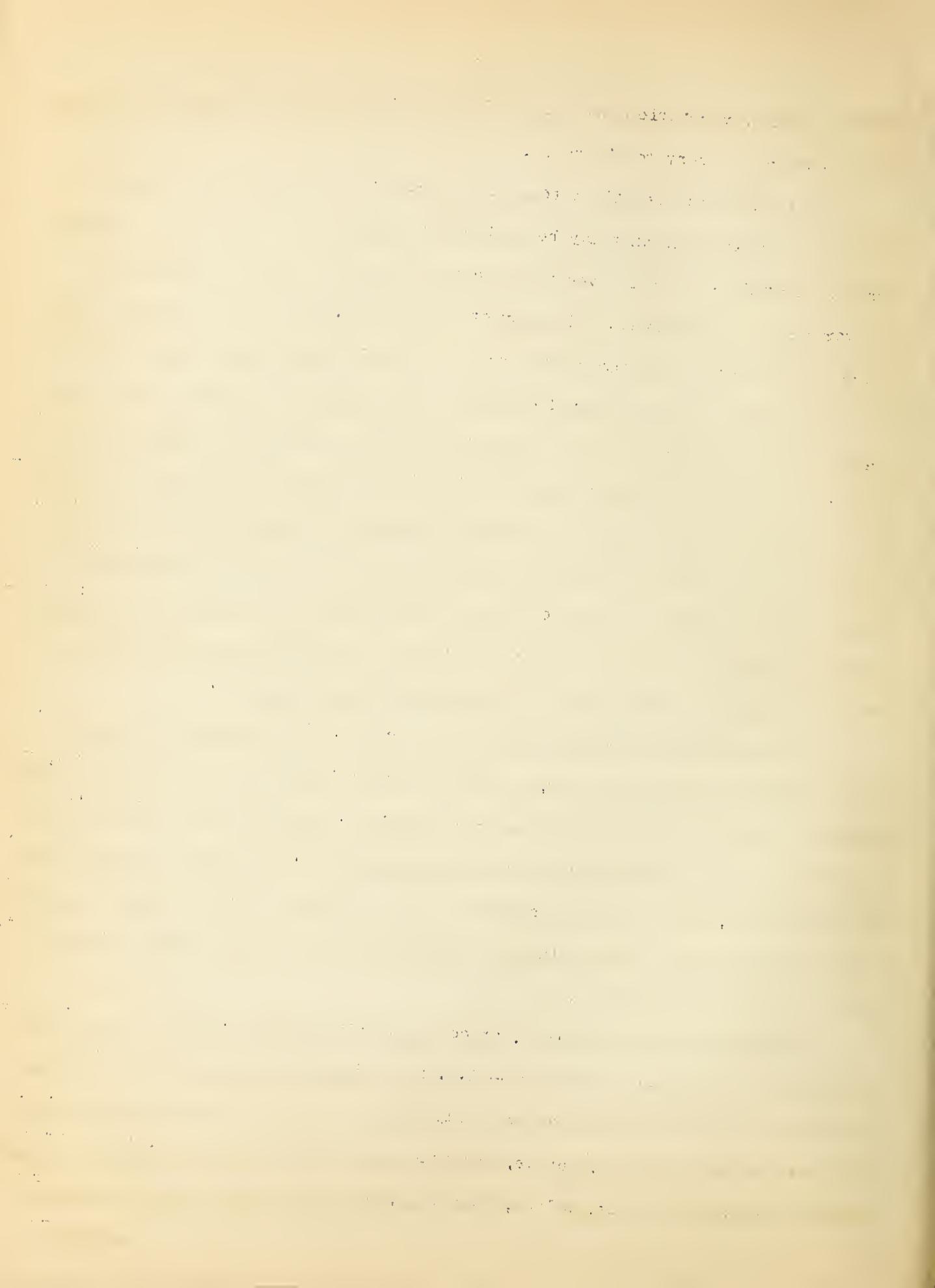
These are the materials for "light" salads, but that is not to say they are light in nutritive value. Just as the fresh crispness of lettuce, watercress and parsley, of carrots or celery, and the cool flesh of cucumbers or tomatoes or the fruits give variety of texture, color, and flavor to a meal, so do they add nutrients which are not so freely supplied in other foods, especially in cooked foods.

Uncooked; these vegetables and fruits yield all they possess of vitamin and mineral values--which are very considerable.

And salads are beautiful to see, as well as good to taste in the endless forms and combinations that may be devised by an imaginative cook. Reds, yellows, greens and white--the salad vegetables and fruits make a bouquet of color, and flavor also if well chosen. The keynote is contrast and variety. A curling lettuce leaf filled with sprays of watercress and a red radish in the center, for a very light salad; a bed of shredded cabbage, with chopped or shredded carrots and a sprig or two of parsley for its darker green as well as for its vitamins and its iron; a bed of watercress with stalks of endive or of celery, and a bit of red pepper or pimiento; sliced tomato and sliced cucumbers on lettuce; slices of avocado alternating with sections of orange or of grapefruit on a lettuce leaf; chopped celery and diced apples on a bed of lettuce with a cherry or a grape on top; grapefruit or orange with balls or slices of canteloup or honeydew melon--these are a few of the colorful combinations for raw salads at this season.

But salad materials must be fresh and crisp. Wash the lettuce and other salad vegetables in cold water, wrap them in a cloth or put them in a covered, ventilated pan, in a cold place until time to use them. But have them dry at the time of serving, else they will make the salad very watery. If the salad is served from one big bowl, do not add the dressing until the last minute. If the salad is served on individual plates, serve the dressing separately at the table. This, at least, is the rule for raw salads.

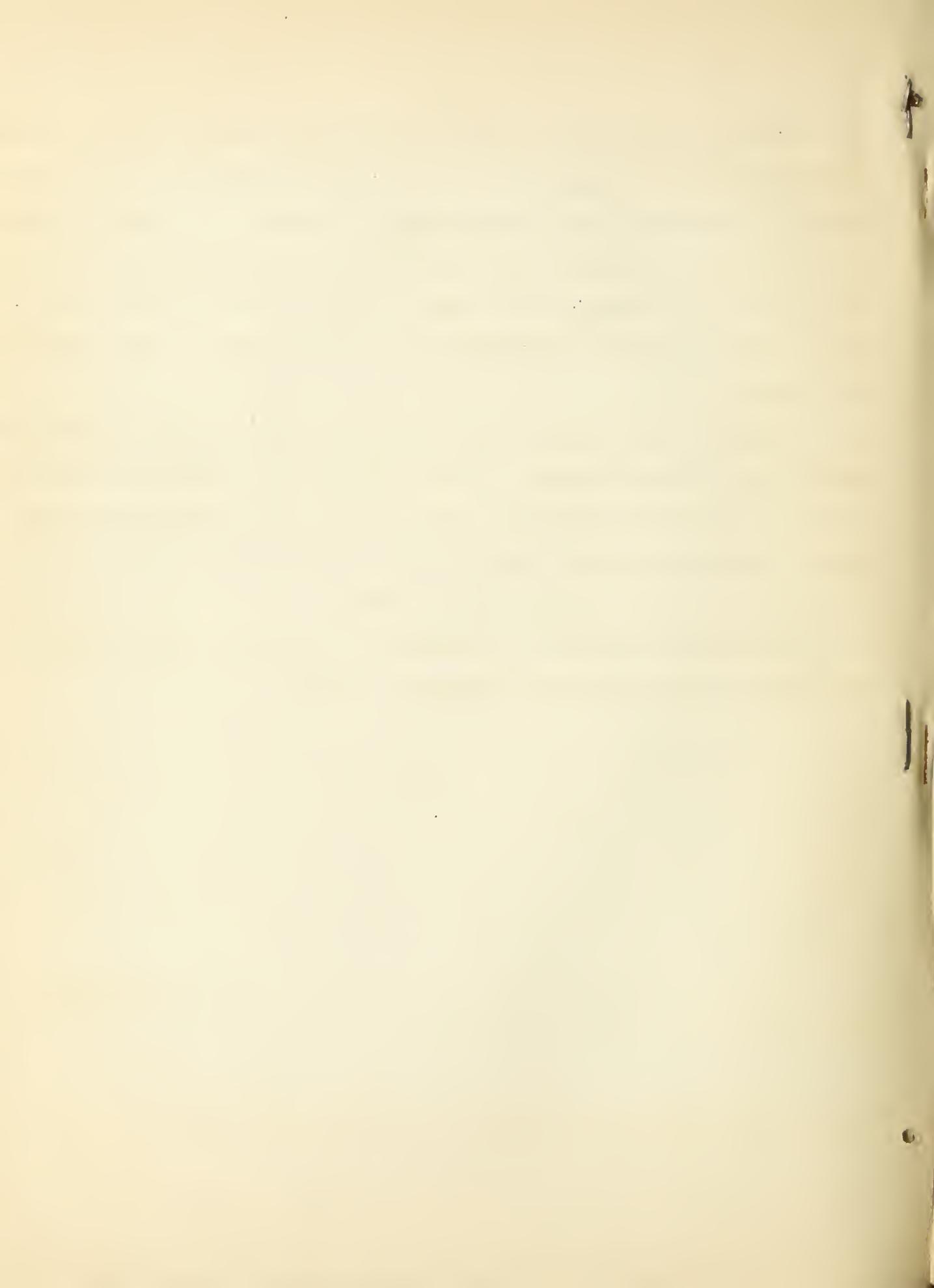
For meat or fish salads, or cooked vegetable salads, especially potato, the materials are usually marinated -- i.e. mixed in French dressing and left standing for an hour or so until they have fully absorbed the flavor of the dressing. Cold roast pork or veal, ham, tongue, and indeed any meat, with chopped celery or chopped cabbage; flaked halibut, salmon, tuna fish, sardines, crab meat, lobster, shrimp--



any of these sea foods make a salad if served with salad dressing. But the addition of chopped celery or a celery stalk, slices of tomato or cucumber, or a few strips of carrot to any meat, fish or egg salad plate give crispness and contrast in texture, color, and food value. These are the kinds of salad which often are the main dish at lunch or supper, with a cooked vegetable or two. Or if the salad is made of meat and a variety of vegetables, including green ones, no other vegetables are necessary.

Cheese in salads, especially in vegetable and fruit salads--as stuffing for pepper rings, or dates or prunes, in balls or cubes or slices according to the kind of cheese, adds greatly to its food value as well as to the attractiveness of the salad. And roquefort cheese in salad dressing, of course, adds not only its distinctive flavor but its food values to the dressing.

Well-seasoned dressings are as essential to the salad as the other salad materials--and each salad has its appropriate dressing.



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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

SALAD DRESSINGS

The crisp green leaves, the colorful tomato and pale cucumber slices that make a typical midsummer salad are tempting by themselves, but more so with an appropriate salad dressing. And with this particular salad, any one of several dressings is appropriate. Shall it be French, a mayonnaise, or a cooked dressing? Or one of the many variations of these?

Of the three types of salad dressings, says the Bureau of Home Economics of the U. S. Department of Agriculture, French and mayonnaise are essentially combinations of fat and dilute acid, with seasonings. In other words, despite the saying that oil and water will not mix, every cook knows they will and the uncooked salad dressings are a proof. The fat in these dressings is usually vegetable oil of some kind. The acid is vinegar or lemon juice, both largely water. Beaten together, the oil and the water thicken and form an emulsion --- which, is to say, the tiny globules of fat are dispersed all through the water and held there in "suspension", to use the chemical term.

The cooked salad dressings come in another class. They are thickened with eggs, or with eggs and flour or cornstarch, and are more nearly related to custard and white sauce than to the uncooked dressings.

Uncooked Dressings

French dressing, which contains just oil, acid, salt and pepper or paprika, separates after standing a few minutes, and must be stirred or shaken thoroughly



before using again. It is a temporary emulsion of oil in water, says the chemist. But it is more stable than just oil in ordinary water because the dissolved acid makes it easier to form the oil globules, and the dry seasonings, which do not dissolve, help to hold the globules apart.

To make French dressing is of course very easy. The proportions of oil vary with taste and also with the acidity of the vinegar or lemon juice. Four parts of oil to one of vinegar is a good proportion, but three to one, or even two to one are used. Seasonings may be salt, paprika, onion juice, tabasco, xxx sugar, horseradish, or many others. Beat the ingredients together in a bowl or shake them in a bottle until they mix thoroughly and thicken somewhat.

French dressing is varied by almost countless seasonings, but one of the favorites is roquefort cheese crumbled into the mixture of oil and acid. Chiffonade dressing calls for chopped parsley, chopped onions, chopped hard-cooked egg, chopped cooked beets, in French dressing. Anchovy dressing is French dressing seasoned with anchovies chopped fine.

Mayonnaise dressing, according to one story, originated centuries ago in the French city of Bayonne, famous for salad oils, and the dressing was called "Bayonnaise". Another version says it was originally made with cream instead of oil, and in its present most familiar form was invented by the chef to the Duke of Mayenne, on a festive occasion when the cream turned sour. So the new dressing was called "mayonnaise". Whatever the origin, this dressing as we know it is made with eggs in addition to the ingredients of French dressing, and if kept cool, does not separate after it is well beaten. The chemist calls this a permanent emulsion, because the egg forms a film around the oil globules and keeps them apart.

Mayonnaise is more difficult to make than French dressing, but here is a good way to do it: Mix the egg, seasonings, and part of the acid thoroughly by beating, and then add oil drop by drop at first, until the mixture begins to



thicken, then gradually more. When the dressing becomes quite thick, add the rest of the acid, then the oil. Have the oil at room temperature when beating, but put the dressing away in a cold place. Not in the coldest part of the refrigerator, however, or it will separate.

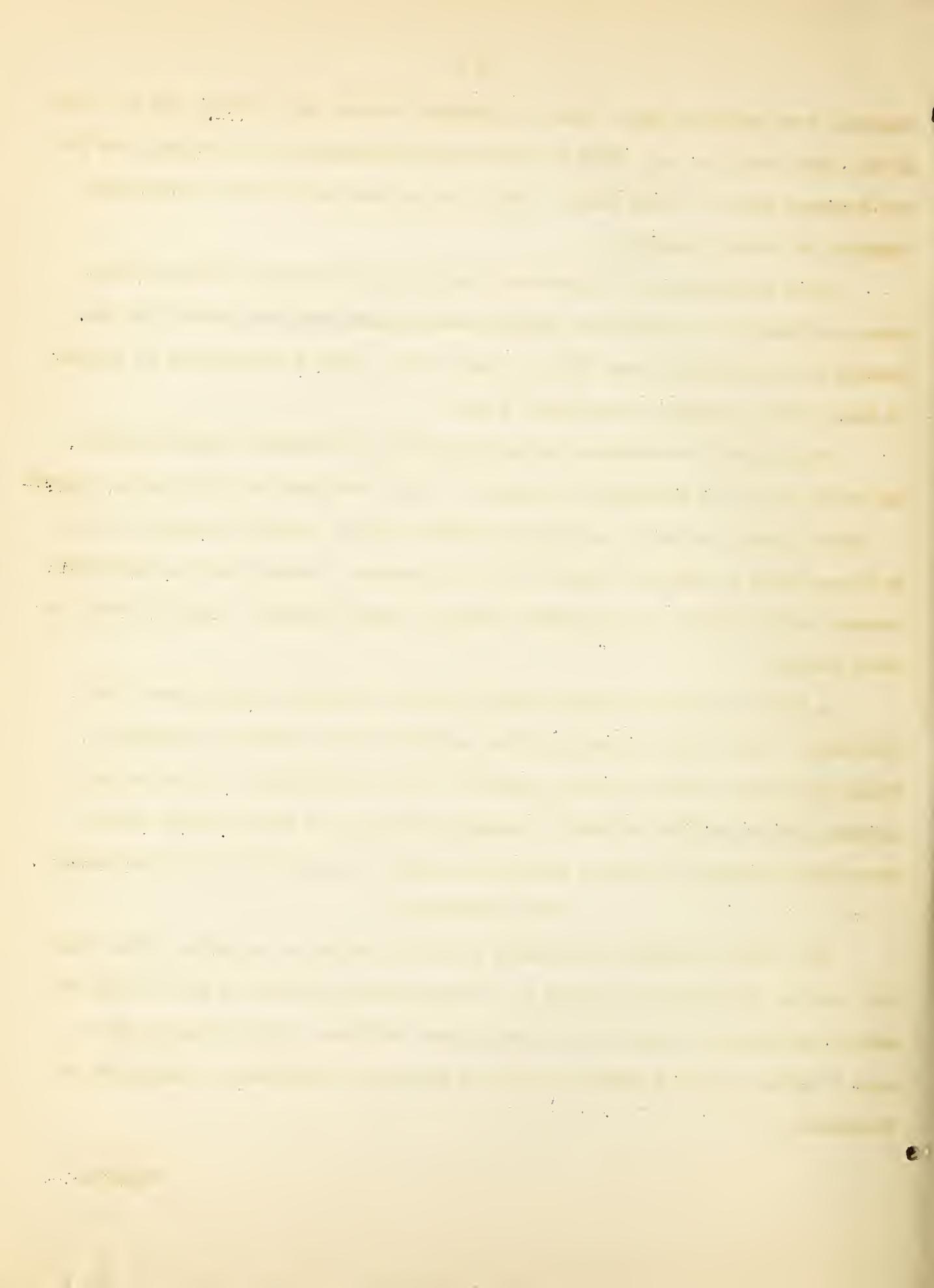
As to proportions for mayonnaise, they are not given very definitely because the amount of oil which an egg will take depends upon the size of the egg. Usually an egg yolk will take $\frac{3}{4}$ to 1 cup of oil. About 2 tablespoons of vinegar or lemon juice is usually enough with 1 egg.

Of mayonnaise variations, the most familiar, is Thousand Island dressing, for which add to the mayonnaise a variety of such seasonings as chili sauce, chopped green pepper, pimiento, and chopped stuffed olives. Russian dressing is made by adding about 1 part chili sauce to 2 of mayonnaise. Tartar sauce is mayonnaise seasoned with tarragon, sour gherkins, capers, chopped parsley, chopped olives, or other pickles.

A cream dressing for fruit salads is made by folding whipped cream into mayonnaise. Other cream dressings, like mayonnaise, are permanent emulsions. Thick sour cream, which with salt, pepper, or other seasonings, is a delicious dressing for raw salads especially, contains both fat and acid, already mixed. Sweet cream dressing is made by adding lemon juice and seasonings to thick cream.

Cooked Dressings

The cooked dressings are usually made with butter or margarine rather than oil, and the proportions are about 1 to 3 tablespoons of fat to 1 cup of milk or water, with enough vinegar to give the desired tartness. The thickening may be eggs (2 whole eggs or 4 yolks), or half as many eggs with flour or cornstarch for thickening.



With milk as the liquid and eggs for thickening, combine the ingredients (except vinegar) as for any true custard, and cook slowly because of the eggs. Add the vinegar last, to prevent curdling.

For a rich and highly seasoned cooked salad dressing, suitable for meat or vegetable salads, the Bureau of Home Economics offers the following:

2 whole eggs, or 4 egg yolks	1/2 teaspoon salt
1/4 cup vinegar	1/4 teaspoon mustard
1 tablespoon butter	1/8 teaspoon paprika
5 tablespoons cream cheese	1/8 teaspoon celery seed
2 tablespoons cream	3 drops tabasco sauce
1/2 teaspoon sugar	

Beat the eggs and vinegar together until smooth. Cook the mixture in a double boiler, and stir constantly until the consistency is that of thick cream. Remove at once from the heat, add the butter and cream cheese, and stir until the mixture is smooth. Then add the cream and the seasonings. The cream cheese may be omitted, and more cream, either sweet or sour, used in its place. These ingredients will make about 1 cup of dressing.



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THE MARKET BASKET

by

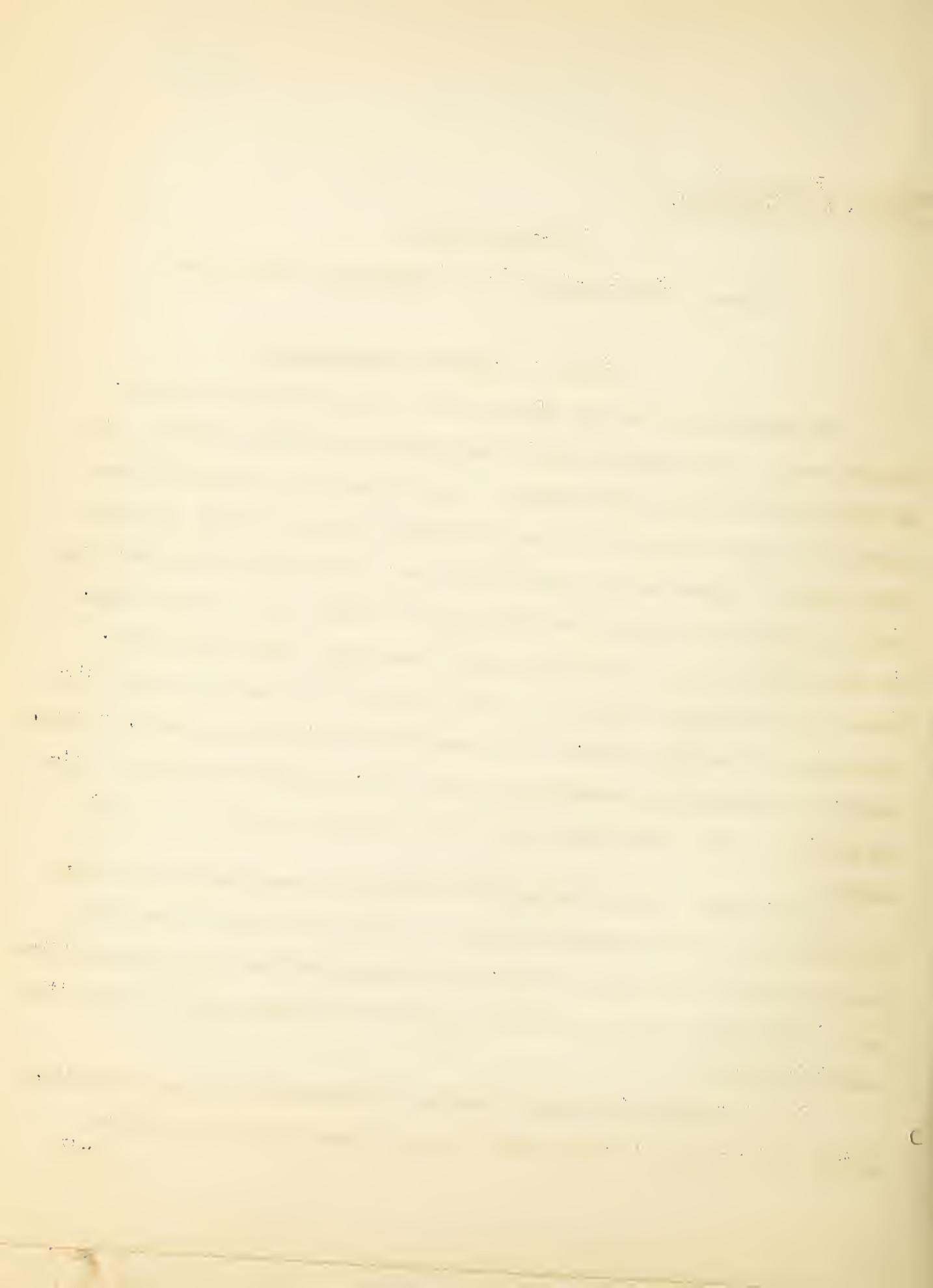
Bureau of Home Economics, U. S. Department of Agriculture

SAUCES -- THICKENED AND UNTHICKENED

Two vegetables on the late summer markets are cauliflower and broccoli. They are coming in good supply, chiefly from Colorado and the far Northwest, from New Jersey and the Middle Atlantic East. They are two of the vegetables often served with a sauce--hollandaise if we have plenty of eggs and butter, or cheese sauce, which is cheaper and some think just as good. Some of the garden crops can hardly be improved by a sauce. For fresh peas, for beans, either snaps or limas, for okra, spinach, kale, or any of the greens, many people think melted butter, bacon fat or other meat drippings, with salt, pepper, and in some cases lemon juice or vinegar, are seasoning enough. But a favorite way to serve new potatoes, cabbage, carrots, and onions is to "cream" them in white sauce. Harvard beets have a tempting sweet-sour sauce. Meats have their gravies, puddings and cakes their sweet sauces.

Good sauces, in fact, are one of the important accomplishments of a cook, says the Bureau of Home Economics of the U. S. Department of Agriculture. They make for variety, and often for economy. An inexpensive bland sauce, such as white sauce or milk gravy, serves to "extend" the flavor of the more expensive foods with which it is served.

For any course in the meal, there may be occasion for a sauce of some kind, and the kinds differ in a hundred ways. One difference, fundamental from the



standpoint of the cook, is thickening. There are, so to speak, three families of sauces--those thickened with starch in some form, those thickened with eggs, and those not thickened at all. In each family there are many variations. And there are some sauces that seem to belong to no family at all.

Sauces Thickened With Flour or Cornstarch

White sauce and its variations form the most numerous group. Their basis is fat, liquid, and starch in some form. Using butter as the fat, milk as the liquid, and flour for thickening, we get the typical white sauce used for "cream" soups, "creamed" chipped beef, "creamed" eggs and "creamed" vegetables. Except for soups, the usual proportions for combining are two cups of meat or vegetables to one cup of sauce. For starchy foods such as potatoes, rice, or macaroni, we make the sauce thin--that is, about 1 tablespoon of fat and 1 tablespoon of flour to 1 cup of milk. For a medium sauce, to use with succulent vegetables like cabbage, onions, turnips, or carrots, we make a medium sauce--1 1/2 to 2 tablespoons of fat and 2 of flour to 1 cup of milk. For a thick sauce use 3 tablespoons of fat and 3 to 4 of flour to 1 cup of milk.

The method of mixing, too, is important. Add the salt to the flour. Melt the fat over a low heat, blend it thoroughly with the flour, then add the liquid. Heat the mixture and stir constantly until thickened, so the sauce will be smooth. Cook until the flour loses its raw taste.

White sauce for vegetables may be varied by using the vegetable liquid in place of some of the milk, or by adding something for flavor--grated cheese, for example, to make cheese sauce. Tomato sauce, for meat, or rice, or macaroni, is made by using the tomato juice as the liquid. "Brown sauce" is made with beef stock, and by browning the butter and flour.

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Gravy is made with meat drippings as the fat. Here the liquid is usually milk, but may be water, or meat stock, and the proportion of flour varies with the consistency desired.

Sweet-sour sauce, for beets, is made with vinegar for the liquid, cornstarch for thickening, butter, sugar, and salt.

Drawn butter, to serve with fish, or vegetables, contains more butter in proportion to the flour, and more of the liquid, which is usually water but may be meat or fish stock, or the liquid from the vegetable with which the sauce is to be served. Good proportions are 1/3 cup of butter, 3 tablespoons of flour, 1-1/2 cups of liquid, 1 teaspoon of lemon juice, with salt and pepper to taste. Melt one half the butter, add the flour with seasonings, and pour the hot liquid on gradually. Boil 5 minutes and add the remaining butter in small pieces. To make lemon butter, add lemon juice to the drawn butter. For other variations, add chopped anchovies, or capers.

The sweet sauces of this family are made by using water for the liquid, butter for the fat, and cornstarch for thickening, plus sugar and fruit juice or other flavoring. The cornstarch thickening gives a clearer sauce than flour gives, but must cook longer to lose the raw flavor of the starch. Therefore fruit juice should not be added until just before the sauce is taken off the stove. Otherwise the flavor of the fruit is spoiled and the acid may thin the sauce.

Sauces Thickened with Eggs

The hollandaise sauces and the custards are thickened with eggs. True hollandaise is made of butter, egg yolks, lemon juice, and a little boiling water. The Bureau of Home Economics suggests 1/2 cup of butter, 4 egg yolks, 2 tablespoons of lemon juice, 1/4 cup of boiling water, 1/4 teaspoon of salt, and a dash of cayenne. The directions for making are: Divide the butter into three portions. Beat the egg yolks and lemon juice together, add one piece of butter, and cook in a double boiler, stirring constantly until the mixture begins to thicken. Remove



from the stove, add a second piece of butter, and stir rapidly. Then add the remaining butter, and continue to stir until the mixture is completely blended. Add the salt, cayenne, and boiling water. Return to the double boiler, and stir until the sauce thickens.

Hollandaise becomes Bearnaise sauce when chopped fresh tarragon and parsley are added, or when tarragon vinegar is substituted for the lemon juice. And it is called anchovy butter when chopped anchovies are added. Flavoring with grated horseradish makes another tempting hollandaise.

Mock hollandaise, as would be expected, is cheaper than hollandaise. It is thickened with flour and egg, instead of egg yolks only. It is, in fact, a very rich white sauce containing eggs and flavored with lemon juice.

Custard sauce, which is a soft custard usually thinner than is served for itself alone, is the typical example of a sauce thickened with eggs. It is used for cornstarch or gelatin puddings, or for cakes. To serve with fruit, make the custard thicker by using more eggs.

Sirups and Other Sweet Sauces

Many of the pudding sauces are sugar sirups flavored in some way -- with maple, chocolate, wine, brandy, or fruit juices. Sometimes they are thickened with flour or with cornstarch, with egg, or with both egg and starch. The simplest lemon sauce is sugar syrup with lemon juice and butter. Hot chocolate sauce is a syrup flavored with melted unsweetened chocolate and vanilla, and enriched with butter.

Foamy sauces are made with eggs, butter and sugar, a very little liquid, and flavoring. One recipe calls for 1/4 cup of butter, 1/2 cup of granulated sugar, 2 tablespoons boiling water, 2 eggs, 1/2 teaspoon vanilla, 1 tablespoon lemon juice, a bit of salt. Combine the butter, sugar, salt, and boiling water, and add to the well-beaten egg yolks. Cook over hot water and stir constantly until thickened. Fold into this the well-beaten egg whites and the vanilla and lemon juice and serve at once.

Hard sauce, an uncooked sauce which is made of butter and powdered sugar, with flavoring as desired, calls for 1 part butter to 3 of sugar. Cream the butter, add sugar gradually, and continue beating. The longer the beating, the creamier the sauce. Chill before serving. For variety, substitute brown sugar, and flavor with the grated rind of an orange.

